



Spanish Stewed Chickpeas

Yield: 5 servings

Ingredients

1 whole wheat demi baguette
or ½ a large
1½ tablespoons extra virgin
olive oil, divided
2 cups diced onion
2 teaspoons minced garlic
1 teaspoon smoked paprika
2 bay leaves
28 ounces canned
whole tomatoes
2 15-ounce cans chickpeas, low
or no sodium added, drained
and rinsed
½ teaspoon kosher salt, optional
½ teaspoon ground black pepper
2 cups chopped baby spinach

Instructions

1. Heat oven to 450 degrees.
2. Slice bread into ½ inch slices. Place on a parchment lined baking sheet. Brush bread with ½ tablespoon of the olive oil. Bake bread for 7 minutes or until golden brown.
3. Heat a medium pot over medium heat. Add 1 tablespoon of the olive oil and onions. Cook until soft, about 5 minutes. Add garlic, paprika and bay leaves and cook for 1 more minute, stirring constantly.
4. Add canned tomatoes. Using a spoon or potato masher slightly break up whole tomatoes. Stir in chickpeas, cover and simmer on low for 15 minutes, adding water if mixture gets too thick. Add salt, pepper and spinach. Cook until spinach is wilted.
5. Serve with toasted bread.

Nutrition Information

Serving Size: 1 cup chickpeas and ⅓ of bread
Calories: 296
Total Fat: 8.8 g
Saturated Fat: 1.1 g
Monounsaturated Fat: 3.9 g
Polyunsaturated Fat: 2.5 g
Sodium: 519 mg
Total Carbohydrate: 44 g
Dietary Fiber: 14 g
Sugars: 12.7 g
Protein: 13.4 g

Source: Adapted from Veggie Desserts

Presented by

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